

SAC Newsletter

Mark Shin Student Assistance Counselor



Dec. 2015

> December 1st is World AIDS Day

- There are currently 35.3 million people living with HIV.
- The massive scale of antiretroviral therapy is saving more lives. The number of people dying from AIDS-related causes each year has declined from a high of 2.3 million [2.1–2.6 million] in 2005 to 1.6 million [1.4–1.9 million] in 2012.
- With treatment and regular medical care, HIV today is a manageable disease. In fact, recent studies say HIV-positive people can have normal life spans with effective treatment that keeps their immune systems healthy.
- Planned Parenthood (802-442-8166) offers a free and confidential HIV test in Bennington.

December 10th is Human Rights Day

- On December 10th in 1948 the United Nations adopted the Universal Declaration of Human Rights.
- The declaration proclaims that everyone has a right to economic, social, cultural, civil and political rights.
- The Universal Declaration of Human Rights is used as a *Magna Carta* marking mankind's arrival at a vital phase: the conscious acquisition of human dignity and worth.

If you would like more information on Human Rights Day please visit: www.un.org/events/humanrightsdays

December Is: Drunk Driving Prevention Month

- Every 52 minutes a person is killed due to drunk driving.
- Statistically, reports of driving while or with a intoxicated driver increases 20% during the holidays.
- Vermont was ranked 39th in regards to states with the highest driving under the influence deaths last year.

| Blood Alcohol Concentration | Typical Effects | Effects on Driving |
|-----------------------------|--|--|
| .02 % | Impaired judgment Altered Mood | Decline in visual function and multi-tasking |
| .05% | Lowered Alertness Exaggerated behaviors | Poor coordination Difficulty Steering |

If you would like additional information about any of the aforementioned issues, please feel free to contact Mark Shin at ext. 437 or by email mark.shin@svsu.org.